

Weekly Schedule for Patient Participation at MCDC

| Time: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|------------------------------|--|--------------------------------------|--|--------------|-------------------|--|--|--|
| 7:00 WAKE UP | | | | | | | | |
| 7:10 | Day By Day/reflection | | | | | | | |
| 7:45-8:15 | Breakfast and CHORES | | | | | | | |
| **9:15-9:30 TT | Morning up/reflection/self evaluation for the day | | | | | | | |
| 9:45-11:00 Counselors grp | *Process group (small groups facilitated by a counselor/therapist) | | | | | Family learning and 1-1 sessions 9:00-11:45 | 9:30 Traditional Native American women; Men, | |
| 11:00-12:15 | Exercise | | | | | 11-12:10 co- occurring group | Talking circle women, men | |
| 12:30-1:00 | Lunch | | | | | | | |
| 1:30-2:45 Counselors grp | *Process group | Seeking safety/trauma groups | Seeking safety/trauma groups | Co-occurring | *Process group | Activity/outside speaker | Skills group | |
| 3:00-4:00 | Exercise | | | | | | Community meetings: | |
| 4:00-5:00 | Interactive education | | | | | Case manager: What is your plan for next step | Service: Giving back activity (TT) | |
| 5:30-6:00 | Dinner | | | | | | | |
| 6:30-7:30TT | Wellbriety/Church | Womens AA meeting Men Big Book | Women Wellbriety Men's AA meeting | Wellbriety | Big book Study | AA regional presentation | Activity Virtue Cards | |
| 8:00 | | | | | | <i>Treatment video</i> | | |
| After Last Activity | Daily Summary/Reflections on the days learnings | | | | | | | |
| 10:30 | GOOD NIGHT | | | | | | | |

Interactive education topics:

What is Addiction

Outside Speaker (personal stories of recovery)

Understanding STD's

Pain Management

Defense Mechanisms: our response

Planning: Education and How to make it happen

Breathing and Stress Management

Addiction and The Brain

Acceptance vs Compliance in Treatment

Post-acute withdrawal syndrome

Self Esteem

Sleep and addiction

Relapse Prevention

Withdrawal Management

Tobacco Addiction

Guilt and Shame

Anxiety and Stress management

Anger Management

Medication Management

Medication is managed by the nurses at specific times throughout the day: morning, midday, afternoon, evening